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Twenty-sixth Annual Report of the Allentown State Hospital

(Homeopathic State Hospital)

Presented to the Department of Welfare of the Commonwealth
of Pennsylvania, the Board of Trustees of the Allentown
State Hospital and to the Homeopathic Medical Society
of the State of Pennsylvania, September 20, 1938

BY

HENRY I. KLOPP, M. D., F. A. C. P., D. Sc.
SUPERINTENDENT AND PHYSICIAN-IN-CHIEF

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COMMONWEALTH
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TWENTY-SIXTH ANNUAL REPORT OF THE
ALLENTOWN STATE HOSPITAL
(Homeopathic State Hospital)

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HENRY I. KLOPP, M.D., F.A.C.P., D.SC., SUPERINTENDENT
AND PHYSICIAN-IN-CHIEF

THE Twenty-sixth Annual Report of the Allentown State Hospital (Homeopathic State Hospital) to the Department of Welfare of the Commonwealth of Pennsylvania, the Board of Trustees of the Allentown State Hospital and to the Homeopathic Medical Society of the State of Pennsylvania, covering the hospital year from June 1, 1937 to May 31, 1938, is hereby submitted. The professional work of the hospital will be covered in accordance with the following sub-divisions:

- I. Movement of Population
 - A. Number and percentage of principal diagnostic groups admitted and furloughed.
 - B. Discharges
 - C. Deaths
 - D. Furloughs
- II. General Medical and Surgical Activities
 - A. Operations
 - B. Consultant Staff
- III. Psychiatric Activities
 - A. Medical Staff and Conferences
 - B. Homeopathic Prescriptions
 - C. Special Therapy
 - D. Physical Therapy
 - E. Hydrotherapy
 - F. Occupational Therapy
 - G. Music
 - H. Recreation (Physical Education)
 - I. Special Examinations
 - 1. Basal Metabolism
 - 2. Electrocardiography
 - 3. Ophthalmology
 - 4. Ear, Nose and Throat

- J. Dental Activities
- K. Psychiatric Institute
 - 1. Men and Women
 - 2. Boys and Girls
 - 3. School and Psychological Department
- IV. Research
- V. Educational Activities
- VI. Community Service—Clinics
- VII. Social Service Department
- VIII. School of Nursing
- IX. Administrative and Dietary Activities
- X. Agricultural Activities
- XI. Construction Program
- XII. Per Capita Cost
- XIII. Works Progress Administration Activities

During the year from June 1, 1937 to May 31, 1938 the hospital has continued to be overcrowded but by restricting admissions to a total of 301 it has been possible to keep our population down, the daily average in the hospital for the year being 1602.37. During much of the year, admissions were permitted only as corresponding patients were removed to the respective counties from which the new cases came. The following are the figures of the movement of population :

Admissions	Men	Women	Total
First admissions	118	103	221
Re-admissions	41	37	78
Transfers	2	0	2
	<hr/> 161	<hr/> 140	<hr/> 301
Separations :			
Deaths	42	45	87
Transfers	14	2	16
Discharges	180	121	301
	<hr/> 236	<hr/> 168	<hr/> 404
In hospital May 31, 1937	791	816	1607
On furlough May 31, 1937	238	160	398
Admissions	161	140	301
	<hr/> 1190	<hr/> 1116	<hr/> 2306
Total under treatment	1190	1116	2306
Separations	236	168	404
	<hr/> 954	<hr/> 948	<hr/> 1902
On books May 31, 1938	954	948	1902
On furlough May 31, 1938	171	135	306
	<hr/> 783	<hr/> 813	<hr/> 1596
In hospital May 31, 1938	783	813	1596

Our 301 admissions were divided by sex and service as follows :

	Men	Women	Total
Reception service	107	88	195
Children's unit	16	7	23
Prolonged service	38	45	83
	<hr/> 161	<hr/> 140	<hr/> 301

65% of all the admissions were on the reception service, 7% in the children's unit and 28% on the prolonged services. The total admissions since the opening of the hospital have been 11,416, 1431 of them having been previously admitted to the Allentown State Hospital.

The question of reducing the hospital district comes up from time to time, hence we tabulated the admissions for the past year with the following results :

Lehigh County	37%
Northampton County	35%
Bucks County	7%
Wayne County	4%

10% of our admissions come from outside the hospital district, these being mostly children. That leaves only 7% of our admissions coming from the hospital district outside from the four counties named.

Diagnostic groupings: 9% of our first admissions were psychosis with syphilitic meningo-encephalitis, 5% alcoholic, 5% psychosis with cerebral arteriosclerosis and 7% senile. Manic depressives made up 11% of the first admissions, cases of schizophrenia 27% and 10% each undiagnosed psychosis and without psychosis. Among the readmissions 30% were manic depressive, 32% dementia praecox, 10% alcoholic, 5% without psychosis and 4% arteriosclerotic.

85% of our admissions were born in the United States, the balance being scattered, the largest group being 4% born in Austria, and the next, 3% born in Hungary. Citizenship shows a similar predominance, 10% being naturalized and only 4% alien. Some comments might be made regarding the age of our first admissions. 10% per under 15 years of age. 16% were 60 years and over, the next largest group being 30 to 35, they constituting 13% of the total first admissions.

The educational grouping shows 67% with common school education, 20% high school grade and 2½% having no education.

Our population is predominantly urban, 79% being in this group with only 21% rural.

Regarding the use of alcohol, statistics show that 46% are listed as abstainers and less than 9% as intemperate.

Figures regarding marital state show the usual distribution, namely 42% of the first admissions single, 43% married. However, there is a decided difference between the sexes. 51% of the men admissions were single and 32% of the women whereas in the married group the proportions are practically reversed, 35% of the men admissions being married, 52% of the women. Widowed, divorced and separated constitute small groups.

The *discharged* cases were grouped as follows:

	Men	Women	Total
Recovered	45	43	88
Improved	81	66	147
Unimproved	4	4	8
Without psychosis	50	8	58
	<hr/> 180	<hr/> 121	<hr/> 301

It will be noted that 29% of our discharges are listed as recovered, 49% improved, 3% unimproved and 19% as without psychosis. We have continued to be conservative, discharging our cases of psychosis with syphilitic meningo-encephalitis as improved although our confreres at other institutions are listing quite a proportion as recovered.

Our *deaths* totaled 87, this being 29% of the number of admissions, 5.4% of the daily average in the hospital and 3.7% of the total number under treatment. Autopsies totaled ~~24~~³¹, this being ~~27~~^{37.8}% of the deaths. Tabulation of the causes of death shows 30% due to diseases of the circulatory system, 15% due to tuberculosis and 9% due to other diseases of the respiratory system. Age at death shows much the usual findings, 29% of those who died being 70 years of age and over. Regarding psychiatric diagnoses of the deaths, 24% were classified as schizophrenia, 16% as psychosis with cerebral arteriosclerosis and 10% as psychosis with syphilitic meningo encephalitis. 19% of our deaths were under treatment less than 4 months; 9% were under treatment from one to three years and 8% had been patients in the hospital 20 years or longer.

At the close of the year, there were on our books 1902 patients, 48% of whom were diagnosed schizophrenia. 20% of the total number on the books are cases of schizophrenia who have been in the hospital more than 10 years. 11% of our population is diagnosed manic depressive psychoses and

almost 6% each without psychosis, psychosis with syphilitic meningo-encephalitis and alcoholic. These groups are the only ones making up more than 5% of the total hospital population.

Regarding duration of residence in the hospital, 14% have been here less than 1 year, 36% 1 to 4 years, 21% 5 to 10 years and 29% more than 10 years.

On May 31, 1937 we had 398 patients on furlough, a year later 306, the daily average on furlough being 343.19. The number on furlough is slightly less than 18% of the total on the books and 21% of the number in the hospital. There has been a noticeable decrease in the number on furlough, this being at least partly accounted for by the decreased number of admissions. During the previous year the daily average number on furlough was somewhat more than 19% of the total on the books and more than 23% of the average number in the hospital.

On the whole, the *health* of both patients and employes has been good. The principal illness we had during the course of the year was an outbreak of typhoid fever, the details of which will be covered under special therapy. There were 23 employes cared for in the Men's infirmary and 83 in the Women's infirmary.

GENERAL MEDICAL AND SURGICAL ACTIVITIES

Medical and surgical activities were carried on as in previous years. Our *consulting staff* responded promptly to our requests for assistance and the consultants made the following visits:

Name	No. of Visits
Harry B. Adams, M.D.	1
Frank E. Bristol, M.D.	5
William A. Buck, M.D.	1
Edward W. Campbell, M. D.	1
Frank J. Frosch, M.D.	1
George D. Geckeler, M.D.	6
Carroll Haines, M.D.	2
Frederick C. Peters, M.D.	1
William J. Ryan, M.D.	1

During the year, 12 major operations were performed as follows:

Type of Operation	Surgeon	Number
Appendectomy	Frank Bristol	1
Appendectomy and salpingoophorectomy	Frank Bristol	1
Cecostomy	Frank Bristol	1
Cholecystectomy	Frank Bristol	1
Herniorrhaphies	Frank Bristol	2

Type of Operation	Surgeon	Number
Herniorrhaphy and appendectomy	Frank Bristol	1
Hydrocele removal	Frank Bristol	1
Cauterization of cervix	Frank Frosch	1
Coagulation cervical polyp	Frank Frosch	1
Trachelorrhaphy and colporrhaphy	Frank Frosch	1
Mastoidectomy	Carroll Haines	1

Minor Surgery Activities: Minor Surgery activities during the past year included the follow redressings and special treatments :

	Men	Women	Employees
Number of treatments	6,368	5,594	517

PSYCHIATRIC ACTIVITIES

Staff meetings have been held daily with the exception of Sundays and holidays. At these meetings we have examined 298 new cases; 171 cases were presented for re-examination to determine question of furlough or change of diagnosis. Fifty-two meetings were devoted to the discussion of various subjects, principally reports of papers presented at medical meetings. Fifty-two sessions were devoted to the review of journals and seven sessions to seminars during which periods Dr. Frosch reviewed Dr. Lewis's volume of research in dementia praecox. These figures indicate that our plan of devoting one staff meeting per week to review of journals and one to other discussions has been carried out.

The medical service has been continued as previously, being organized as a reception service to which Drs. Lindenfeld and Ells have been assigned, children's service conducted by Dr. Rossman, women's prolonged service carried on by Drs. Blew and Robertson and the men's prolonged service carried on by Drs. Hunsicker and Greene until the latter's resignation on April 23d.

There have been a number of changes in the medical staff personnel during the past year. Dr. Thomas A. Ruddell resigned to go into private practice, he being replaced by Dr. Robert B. Robertson. Dr. Mary F. Vastine left the service by resignation to continue special work in rhinolaryngology, her position being filled by Dr. Elizabeth S. Ells. Dr. Richard B. Greene resigned to enter government service with the C.C.C. Camp, leaving one vacancy at the end of the fiscal year with the staff consisting of 9 physicians including the superintendent. On this basis, physicians to patients ratio is 1 to 177. On the basis of a complete staff of 10 physicians, our ratio would be 1 to 160 patients. During the past year, Dr. Horace

H. Hunsicker has taken the 8 weeks' postgraduate training course in neuro-psychiatry arranged through the Bureau of Mental Health of the Department of Welfare and given at the Graduate School of Medicine in Philadelphia.

Homeopathic prescriptions: During the fiscal year there were 4852 new homeopathic prescriptions and 15,130 refills, making a total of 19,982 prescriptions for patients and employes. Of the 166 different homeopathic remedies, the following 50 were prescribed most frequently:

	Times		Times
1. Nux Vomica	320	26. Sanguinaria	38
2. Belladonna	256	27. Lachesis	37
3. Bryonia	242	28. Kali Bicarb	36
4. Gelsemium	177	29. Lycopodium	35
5. Ars. Alb.	136	30. Merc. Iod. Rub.	35
6. Aconite	125	31. Aloe	35
7. Rhus Tox	110	32. Podophyl.	35
8. Hepar Sulph	94	33. Spongia	34
9. Allium Cepa	93	34. Alfalfa	34
10. Causticum	84	35. Rumex	32
11. Chin. Off.	80	36. Nat. Mur.	32
12. Ferr. Phos.	77	37. Capsicum	31
13. Arnica	76	38. Spigelia	30
14. Phosphorus	72	39. Camphor	30
15. Sulphur	65	40. Ant. Tart	29
16. Ars. Iodide	60	41. Strych. Phos.	27
17. Apis Mel.	56	42. Ignatia	27
18. Ipecac	53	43. Viburnum	24
19. Pulsatilla	53	44. Silica	22
20. Guaiacum	51	45. Merc. Viv	22
21. China Ars.	49	46. Merc. Sol	22
22. Colocynth.	45	47. Euphrasia	22
23. Phytolac	41	48. Passiflor	21
24. Sepia	41	49. Uva Ursa	21
25. Eupatorium	41	50. Cal. Carb	20

Special Therapy; Typhoid fever: In the beginning of August, 1937, we had the first positive laboratory findings in a case of typhoid fever and on August 29th the isolation cottage was used to house women patients who fell ill of typhoid fever as well as other women who were suspected of being infected. The cases were in different buildings of the hospital and we knew we were dealing with the onset of an epidemic due to a general source and not only with contact cases. Immediate steps were taken to combat the epidemic from all angles. Patients and suspects were strictly isolated and suspects released only after all laboratory findings were negative.

Immunization of the entire hospital population was begun as soon as we became aware we were dealing with an epidemic. In the course of about three weeks all patients and employes who had not been immunized in the past year and

a half, a total of 1643 persons, received the three immunizing injections of typhoid vaccine. The water and milk supply was repeatedly examined bacteriologically. Our water was found to contain B. Coli. That was in all probability due to the fact that our reservoirs are open and that there are fields adjoining them. Very soon chlorination of the water was established which improved the bacterial count and flora. We had been using raw milk. Cultures of the milk showed a growth of B. Coli. and the milk was immediately pasteurized. In this manner two possible sources were eliminated. The carrier question was studied in great detail. Most food handlers were interviewed in order to elicit a possible history of typhoid fever or contact with typhoid fever cases. With the aid of the ambulatory laboratory sent to us by the Department of Health specimens of feces and urine of all employes and very many patients handling food were examined. Very early in the epidemic we suspected a patient of being a possible carrier. This patient had had an attack of typhoid fever in 1932 from which she made an uneventful recovery. More recently she had occasional gall bladder attacks. Cultures of material obtained by gall bladder drainage and of feces were found positive for B. Typhosus. There is a possibility that she did cause the outbreak of typhoid. For a few weeks preceding the onset she helped with the preparation of vegetables.

The following are the statistics covering the typhoid fever cases.

	No.	Full Recovery	Carriers	Operated	Deaths
Women	14	8	6	2	2
Men	18	15	2	1	2
Children (boys)	2	2

Preceding the epidemic we had the usual number of patients suffering from mild intestinal disturbances that we observe every summer. There is a bare possibility that among them was a mild case of typhoid that passed unnoticed and this may have really been the first case.

For a number of years it had been the policy in this hospital to immunize the newly admitted patients against typhoid. We have used Mulford Typho-Bacterin mixed, injecting 1/2 cc. as the first dose and 1 cc. each as the second and third dose at weekly intervals.

At the onset of the epidemic there were approximately 1590 patients in the hospital; 889 of these had been immunized

against typhoid; 703 had never been immunized. Most of the latter patients were admitted many years ago, probably before typhoid immunization was introduced in this hospital. The outstanding and interesting fact is that no nurses, attendants or other employes contracted this disease.

Of the 34 patients who contracted the disease during the epidemic,

1	was	immunized	9	years	before
1	"	"	8	"	"
1	"	"	7	"	"
2	were	"	6	"	"
4	"	"	5	"	"
4	"	"	4	"	"
2	"	"	3	"	"
2	"	"	2	"	"
1	was	"	1	"	"
3	were	"	3	months	"
13	had	never	been	immunized	

All patients who had typhoid fever had follow-up bacteriological examinations of feces and urine.

We are indebted to the Department of Health, Harrisburg, for sending us the ambulatory laboratory and for their assistance in the search for carriers. We are likewise expressing our appreciation to the Allentown City Laboratory for their cooperation and to Dr. J. Moore Campbell, Director of the Bureau of Health Conservation, Harrisburg, to Dr. Paul Keeney, Harrisburg, and to Dr. Treichler Butz, Health Officer of Allentown for their valuable suggestions and assistance.

Anti-luetic therapy: The number of luetic patients on the men's prolonged service was 72, on the women's prolonged service 50. Treatments have been carried out as usual with the hyperpyrexator under the direction of Dr. Hoffman, Clinical Director and chemotherapy which includes injections of sulpharsphenamine, tryparsamide, thiobismol and mercury succinimide. On the whole, all patients treated showed considerable improvement. This was shown by a persistent gain in weight, an improved mental reaction rendering them more cooperative in their care and treatment.

Tuberculosis: Dr. Royal H. McCutcheon was the consultant for pulmonary diseases throughout the year. He made one visit examining 9 patients and one employee. Under the direct supervision of Dr. Lindenfeld a total of 110 treatments were given to five men and two women. Treatments were controlled by repeated fluoroscopic examinations as well as taking of X-ray films. Treatment has been discontinued in one case

because this patient can no longer be benefited by pneumothorax but will require other forms of pulmonary surgery. One man with repeated massive pulmonary hemorrhage obtained marked benefit from this treatment.

X-ray examinations were done on as many of the new admissions as physical examination or history suggested being desirable. This included 16 men and 7 women patients.

Autohemic Therapy: There were a total of 155 treatments given to 23 patients and 2 employes. There was improvement in the majority of the cases. Inasmuch as literature on this subject has been extremely scanty and practical experience almost nil, we were experimenting with various potencies and incubation periods. More recently we have been inclined to adopt the 8X dilution, 5 hour incubation period intravenously administered. We feel that this method of therapy has a distinct usefulness but a great deal has to be learned about its clinical application before one is permitted to draw any scientific conclusions.

Diabetes: As the close of the year there were 23 diabetics under treatment of whom 14 were women and 7 were men patients and 2 employes. The majority of these cases are mild in type and remain sugar-free under a high carbohydrate low fat dietary regime, insulin being only administered in a few cases.

During the year there were approximately 15 cases of *erysipelas* on the prolonged service. In every instance there was a prompt response to early ultra violet radiation and the prescription of the indicated remedy. In one instance where a radical mastoidectomy had been performed the patient developed *erysipelas*.

Insulin and Metrazol treatment: We have had inquiries from time to time relative to the use of insulin and metrazol in the treatment of our patients with particular reference to schizophrenia. We therefore feel that our views upon this subject should be explained. During the summer of 1937, as stated previously, this hospital had an epidemic of typhoid fever which was a drain upon our medical and nursing services. It was at this time that the use of insulin and metrazol in mental cases was introduced to various mental institutions, and we were not in a position to give attention to either of these forms of treatment. Having admitted patients from sanitariums where such treatment was administered without

definite beneficial or lasting results, we did not feel encouraged to institute the use of same at this hospital. Our conviction is that the more we do for the individual patient, the greater the results; this equally applies to cases of schizophrenia. Furthermore, from reports of a number of articles upon the subject, it appears that the special medical and continuous nursing care was a large factor in the recovery or improvement of patients. Therefore, from years of experience we believe that an appreciable number of acute cases of D.P. or those of comparatively short duration, do recover or show improvement under intensive individual treatment in a hospital without the use of insulin or metrazol treatment. We have also preferred to avoid extremely serious seizures especially in the use of metrazol with possible damage to the brain, great strain on the organism and the possibility of bone injury through the muscular contraction due to the severe convulsions. The statement has been made that some cases following the treatment are in a state of greater mental and physical dilapidation than before the treatment. Therefore, thus far we have not felt that we were justified to institute either insulin or metrazol treatment or that these were indicated from the medical standpoint. We have had experience with the use of other drugs which passed through the same medical fashion and have been practically forgotten. We believe that two years hence very little will be written upon the subject of these preparations and attention will be directed to some other new form of treatment.

Physical Therapy: Physical therapy and roentgen activities have been conducted under the charge of the Assistant Superintendent and Clinical Director, Dr. Harry F. Hoffman. Treatments given during the year are summarized as follows:

SUMMARY OF TREATMENTS	
Ultra-violet	3,512
High Frequency	2,010
Infra Red	93
Short Wave	2,048
Low Voltage	882
Vibration	62
1000 watt lamp	5
Fevers	436
Colonics	1,092
Roentgen	184
Total	10,324

FEVER THERAPY

Cases treated	37
General paresis	23
'Dementia praecox, catatonic	7
Psychosis with mental deficiency	1
Gonorrhea	3
Arthritis	2
Grippe	1
Gained weight	6
Lost weight	26
Weight same	5

HIGH COLONIC IRRIGATIONS

Cases treated	110
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ROENTGEN THERAPY

Number of treatments	184
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During the year we added a cadmium ultra-violet generator, this apparatus giving an ultra-violet spectrum differing somewhat from that obtained from mercury sources. This permits of a refinement of treatment because individual filters enable us to select special parts of the ultra-violet spectrum controlling the particular type of radiation more readily than with other apparatus. The X-ray equipment has been moved to a new location in the basement, modern dark room equipment being purchased and installed together with some additional X-ray accessories. The old generator and tubes continue in use although a new over-head system has been acquired.

Hydrotherapy: The following statistical data gives the number of patients treated and the number of treatments given on the *prolonged service*.

178 men received:

3,535 neutral bath treatments	= 35,040 hrs.
364 neutral packs	= 2,184 "

325 women received:

6,814 neutral bath treatments	= 71,422 "
3,522 neutral packs	= 27,022 "

The hydrotherapy report from the *psychiatric institute* group is as follows:

	Men	Women
Total neutral baths hours.....	17,513	41,290
Total wet sheet pack hours	1,412	23,956
Total patients receiving neutral baths ..	171	
Total tonic hydrotherapy treatments ...	14,467	

The following treatments were given in the children's institute:

Number of Patients Treated		Boys	Girls
Neutral baths		5	16
Therapeutic packs		6	5
Number of Treatments given to above			
Neutral baths		59	525
Number of hours in neutral baths		163	2,138
Therapeutic packs		35	113
Number of hours in therapeutic packs		141	483

Occupational Therapy Department: The personnel of the occupational therapy department consists of 1 director, 7 trained aides, 3 men attendants and one woman attendant. The affiliation with the Philadelphia School of Occupational Therapy has been continued and during the year 26 students have received training as well as 136 affiliate nurses. We have also had two visiting occupational therapists from England.

In this department as much work as possible is done for the hospital in the way of decorations such as table covers, chair backs, rugs, jute mats and pillow shams. This keeps a large number of both men and women patients occupied as the men prepare all the appliques for these articles, the women doing the sewing. During the winter months periodically parties are given to the various groups. Reading aloud has been very popular and has been enjoyed by many—particularly so by those patients having too poor eyesight to read library books. Books on travel have been their first choice. During the summer months all the occupational therapy groups assist in the harvesting and preparing of vegetables and fruit for the cannery.

The various crafts used in the different groups are raffia basketry, metal work in copper, pewter and wrought iron, reed basketry, tooled leather, chip carving, woodwork, painting, crayoning, plain weaving, pattern weaving, tapestry, hooking rugs, braiding rugs, jute rugs, spool knitting, embroidering, knitting, crocheting, plain sewing, applique, cord knotting, wood carving, carpet weaving, quilting, book binding, and Indian bead work.

During the year, 43 adult books were purchased and 29 books for the children's library. A donation of \$25.00 went toward children's books. A donation of 42 books has been made to the library. During the year there was a turn-over of 3383 books which includes the children's library and those taken out by employees.

Music Department: The personnel in this department consists of one director, one student aide, five patient accompanists, three men and one woman attendant.

The following is the schedule of work:

	No. Participating
Orchestra	10
Piano	45
Vocal	9
Chorus:	
Men	Av. 30
Women	" 65
Community Singing	" 500 monthly
Ladies Quartet	4
Mixed Quaret	6
Ladies' Chorus	Av. 65
Men's Chorus	" 30
Bed Patients	" 200 monthly
Ward Groups	" 100 monthly

In addition, the schedule also covers public school music and music appreciation classes in our children's institute.

There has been definite progress in all branches of this department. The patients have been cooperative and many have stated that music has helped them therapeutically and made their stay in the hospital happier. There has been much good material in pianoforte playing the past year and we had more accompanists than in previous years. One of these not only accompanied in the annual concert but played the piano concerto upon which she had worked the preceeding year.

There have been a number of school children taking piano lessons who showed progress and interest.

The chorus material has been the best that we had for a number of years. Some of the new members read music easily and the older ones who could not read at all have made great improvement. At the Christmas Cantata Pantomime only our best voices were used to form a small chorus and the other chorus members were used in the dances and the pantomime. The costumes having been designed by the O. T. Department and the dancing under director of Physical Education Department. The music was taken from the Betsford collection of Folk tunes and was taught entirely by rote. As usual, the Christmas and Easter carols were sung in the wards and in the center of the administration building. The annual concert was pronounced the best in years. This was largely due to the wealth of good material and to the excellent cooperation of all participating. As usual, prizes were awarded for the greatest improvement in voice, piano, sight singing, theory and music appreciation.

Community singing was enjoyed by the Occupational Therapy patients, chorus members and a large group from the wards including the turbulent wards.

The bed patients have been visited weekly by a group of chorus members who have entered into the singing with enthusiasm. This activity is looked forward to by the bed patients and they frequently have joined in the singing.

During the time there was a student side assistant, Miss Elizabeth Sandy, ward singing was conducted on all wards. Due to a full schedule, this activity was not continued after the student aide's departure.

The affiliate nurses and occupational therapy students, as part of their course, have shown a real interest in the activities of this department.

Physical Education and Recreation Department: The physical education work with the children has been divided into two types, formal and informal work. Formal work includes marching, dancing and apparatus work. Informal work is divided into group activities and classes for individual attention; thus making it possible to reach more children through both quiet and active games, hikes, story telling and parties. Informal work, planned by the children themselves, helps to hold interest, aids cooperation and greatly decreases the number of disciplinary problems.

The gymnasium week has been divided into three parts: Two days of formal gymnastics, two days of informal work and one day of supervised free play. It has been the aim of the department to make the physical education classes as nearly like those of the public school as possible.

In this department a system of marking was put into effect. Every child, no matter how badly handicapped was given equal opportunity to make a passing grade. An example of this is a crippled boy who due to his physical handicap is not able to take active part in gymnasium but has earned his mark by playing table games, making posters and assisting with parties.

A theater party closed the season for the basketball team. The boys had won fourteen games and lost three. The schedule played included church and industrial teams from Allentown and Bethlehem. At the close of school, athletic awards were given to the outstanding athletes in each of four groups. Ability, cooperation, and sportsmanship were the basic factors in selecting the candidates for these awards.

The catatonic praecox men's class has been divided into two sections. The slower group have advanced from habit forming ball games to more complicated ring and circle games. The other section has been combined with a slow group of patients and was able to play modified basketball and baseball as well as exercises, ring and circle games. The latter group was taken to the bowling alleys once a week for supervised free play.

The more active group of men advanced from simple folk games to basketball, baseball, bowling, dancing, marching and exercises.

The women's class included quiet and active games, dancing, parties, and marching. Square and round dancing was the favorite sport of this group.

The May Day Extravaganza presented by this department and assisted by the music and occupational therapy departments proved such a success that it was decided to make it an annual May Day program. The Fourth of July Carnival was likewise sponsored by these departments.

Monthly dances, now so much a part of our recreation program, proved to be a success. In January 1938, this department organized the recreation association for nurses and staff members. The activities enjoyed one night a week included parties, bowling, doggie roasts, swimming, roller skating and a dance for the Moravian Glee Club who had entertained the club.

Special Examinations included 11 basal metabolism tests of 5 patients, 3 out patients and 3 employees.

Electrocardiography: We have enjoyed the consulting service of Dr. George E. Geckler of Philadelphia who has visited in 6 instances, examining a total of 21 men, 19 women patients and 5 employees. He examined electrocardiograms in consultations and directed the treatment of cases he examined. There were 74 electrocardiographs taken throughout the year of which 59 were patients and 15 employees. Pursuing the establishment of standards by the American Heart Association in conjunction with the Cardiac Society of Great Britain and Ireland, Lead IV F has been adopted, applying the left leg electrode to the precordium and the left arm electrode to the left leg, connecting the patient into Lead III.

We are planning to maintain a system whereby patients would receive cardiographic examinations repeatedly at definite intervals.

Ophthalmology: This is under the direction of Dr. Frederick C. Peters and Dr. William G. Ryan, Philadelphia who made two visits to the hospital at which time 39 patients and 5 employes were examined.

Ear, Nose and Throat examinations during the year numbered 136 for patients and 11 for employes.

Dental Activities: The two non-resident dentists covered the men's and women's services as in previous years and rendered efficient service.

Dental Hygiene:

Dental prophylaxis	2,397
Examinations	2,062
Ultra-violet and gum treatments	199
Toothache treatments	66

Psychiatric Institute:

During the year the movement in population was as follows :

	Men	Women	Total
New admissions	107	88	195
Furloughs to home	57	57	114
Transfers to prolonged service	38	39	77
Discharges	6	..	6
Escapes	2	..	2
Deaths	4	2	6
Still under treatment May 31, 1938..	79	86	165

The total number of admissions to this service was smaller than the previous year. This was due to the restriction of admissions as the result of overcrowding. There have been several changes in the personnel on this service. On August 6, 1937, Dr. A. Lindenfeld took charge of the Institute group while Dr. E. M. Blew was transferred to the women's prolonged service. On November 18, 1937, Dr. Elizabeth S. Ells was appointed in charge of the Institute for women.

During the year every available therapeutic measure has been used to bring about the restoration of the mental and physical health of the patients.

Institute for Boys and Girls: On May 31, there were 71 children in our institute, 42 boys and 29 girls. 21 were connected by furlough.

Therapeutic procedure and methods during the current fiscal year did not vary from that of the preceding few years since we still aim at crystallizing therapeutic concepts and a

therapeutic attitude for the institute staff. This aim is embodied in the purposes of our weekly group or institute staff conferences and in the pursuit of this aim a course of seminars in childhood psychiatry was completed during the year covered by this report. The purpose is to orient the meaning of childhood behavior and thereby get nearer to an understanding of psychotherapy. The eventual aim is to correlate such therapy with other forms of management, training or teaching. Under present conditions, in endeavoring to carry out intensive psychotherapy, it is still possible to reach only a few children on a schedule of one hour per week. Twelve children were so handled and four on the basis of one hour every two weeks. Considering intensive treatment undertaken even with the relatively small number and excluding consideration of the individual capacity to accept or utilize treatment, in specific instances results are demonstrable though not necessarily traceable to the psychotherapeutic interviews alone.

The diagnostic distribution covering the 23 admissions during the year, 16 boys and 7 girls is as follows:

Diagnoses	Boys	Girls	Total
Mental deficiency	6	..	6
Borderline mental defective	2	..	2
Behavior disorders	4	4	8
Psychopathic personality	2	..	2
Schizophrenia (catatonic)	1	1
Schizophrenia (hebephrenic)	1	..	1
Schizophrenia	1	1
Post encephalitic	1	1
Undiagnosed	1	..	1
Total	16	7	23

The age distribution is as follows:

Age	Boys	Girls	Total
6.....	1	..	1
7.....	1	1	2
8.....	2	..	2
9.....	..	1	1
10.....	2	1	3
11.....	3	1	4
12.....	..	1	1
13.....	3	2	5
14.....	2	..	2
15.....	2	..	2
Total	16	7	23

School Activities: On September 7, 1937, the school was reopened after the summer vacation, 16 children being enrolled in grades one to four, inclusive, and 28 in grades five to eight, inclusive. The academic work covered the usual subjects of the regular school course. The courses are adjusted to the needs of the various children by combining the Pennsylvania State course of study and the courses of study as outlined for the schools of the city of Allentown. Individual workbooks and textbooks are used for all subjects in which they exist. Projects, games and all kinds of material and devices are used to make the work interesting and to stimulate the students to greater effort. Two of the projects used with the lower grades were letter writing and a project based on "Snow White and the Seven Dwarfs" for the close of school play.

Each child worked according to an individual schedule planned especially for him. His program was based on the results of the intelligence and school proficiency tests. In each class he begins at the level suited to his own development in that subject. He proceeds in each branch at the pace that is right for him. Every subject is arranged in graded units. A child may do second grade arithmetic, be in fifth grade in history, eighth in English and receive the instruction he needs. The teacher has found it to be an advantage to show clearly to the student the next goal to be reached. He is, therefore, willing to strive as earnestly toward achieving a higher level in arithmetic or English, or history as he is to win points in a football or basketball game. This individual system of learning eliminates unfair competition with other students and frees a boy or girl from any feeling of inferiority. At the same time he receives stimulus from the companionship of congenial classmates.

To balance the individual method of working in academic subjects, the teacher plans activities throughout the year which need a student's contribution. These activities are so arranged that each child's work is a necessary part of the achievement of the whole plan. In this way no one's share of responsibility is more important than another's and each child receives an equal amount of the praise awarded and feels the satisfaction of group approval.

The work of the school was done under the guidance of the psychiatrist and with the cooperation of the psychologist, to train these children to fit into a public situation. The limited

mental capacity and emotional instability of the children called for the best we had to give of ourselves and abilities. The teaching program is elastic enough to allow for individuality of both teacher and pupil. There is an opportunity to use any special talents and to learn many facts of value.

The school was brought to a close with a short program in which the entire school took part.

During the year 3 boys and 1 girl attended the schools in Allentown. One girl and 2 boys attended Harrison Morton school and one boy was enrolled at the Central Catholic School.

The Sunday School activities were carried on as during the previous year through the kindly cooperation of Rev. Warren C. Heinly and Rev. Joseph L. Mathis.

Psychological Department: At the beginning of September, 1937, each child in the children's unit was re-examined from a psychological standpoint and the results were compared with those of former examinations to ascertain the amount of fluctuation in the mental functioning of individual cases. A battery of tests was used consisting of the revised Stanford Binet, Pintner Paterson, Goodenough man drawing, Rorschach "Psychodiagnostik" Vineland Social Maturity, Healy II Picture Completion, Woodworth Mathews Questionnaire, Bell Adjustment Inventory, Vocational Interest, Army Alpha, Army Performance, Paper Folding, MacQuarrie test for Mechanical Ability, Gates Reading Diagnosis and Gates Silent Reading tests. The Otis classification and Stanford Achievement tests were used in determining grade placements. A number of these tests were initiated into the program during the past year.

The department has tried to assist the school teachers by conferring with them about specific school situations and discussing individual cases at the weekly school conference directed by the psychiatrist.

Remedial teaching, particularly in reading has been given regularly to seven children. The degree of improvement varies with the individual. If their progress seems unduly retarded, it is well to consider the numberless factors which precipitate reading difficulties and disabilities and to remember that the process is prolonged chiefly (1) because of the time necessary to diagnose the type of reading defect (2) difficulties encountered in surmounting emotional attitudes towards the remedial work (3) the intrinsic remedial work.

One of the older boys of superior intelligence who has not attended regular school for two years because he was unable to adjust to or remain a part of the school situation, has been tutored in elementary French bi-weekly.

Play interviews have been utilized in helping the psychologist to acquire insight into the children's problems. A number have regular appointments; the others are seen in turn. Notes of these interviews are inserted into the case records. This work is done under the guidance of the psychiatrist with whom the psychologist consults and confers. The children's play in the wards, in the gymnasium, and on the playground is noted, with the idea that group play is a source of information supplementary to individual play.

Thirty-eight adult cases have been referred to this department by the medical staff, either upon the patient's admission or previous to his furlough. The majority of these were court cases referred because of suspected mental deficiency, with the thought that the objective data of a psychological examination, would assist in a psychiatric diagnosis. These cases were usually given the Stanford Binet examination, performance tests and the Vineland Social Maturity scale. Eleven cases have been referred to the department by agencies and individuals in the vicinity of this community and reports subsequently made to the proper sources.

The department has been a regular part of the staff of Mental Health Clinics at the various hospitals. A total of 81 clinic cases, principally children, have been interviewed and tested since the first of September. Twelve were legally excluded from school by formal application to the Chief of Special Education in Harrisburg.

RESEARCH

Laboratory: During the fiscal year the personnel of the laboratory remained the same with the exception that there was the usual change of students. Two students completed their course of training for laboratory technicians. Upon the request of the Dean of the Moravian College for Women, Bethlehem, Pa., arrangements were made to take two senior students from the college every year for training in our laboratory.

During the year, of the 301 admissions, 17 or 5.6% had positive Wassermanns and 7 had positive Kahn reactions in

the blood but negative Wassermanns, making a total of 24 or 7.9% with positive serology.

Of the 87 deaths during the year, we had permission for 31 postmortem examinations or 37.8%. In the postmortem material there were a few findings of unusual interest. A woman of 70 died rather suddenly, the cause was found at autopsy to have been rupture of the heart near the apex with hemotopericard. There had been an aneurism at the apex on arteriosclerotic basis. Another case presented an extraordinary condition of the aorta. There was an extreme degree of arteriosclerosis and some multiple aneurisms. Several of the aneurisms were quite large containing thrombotic material.

In May, 1938, K. H. Langenstrass, M.D., Neuro-Pathologist at St. Elizabeth Hospital in Washington, D. C., gave us again valuable consultation in brain dissection. 45 brains were examined and described. A few of them presented very interesting findings.

One case that was clinically diagnosed as chronic syphilitic meningo-encephalitis (blood Wassermann and Kahn plus 4, spinal Wassermann and Kahn negative, colloidal mastic curve 344,442,000) an extensive spongio blastoma multiforme was found.

Another case showed an olfactory groove meningioma that was not suspected in life.

One case revealed a hemorrhage of the left basal ganglia with ventricular inundation, hemorrhage into basilar cisternae and medullary compression. This explained the sudden death of the patient.

A case of Huntington's Chorea came to autopsy. The brain showed an advanced degree of cortical atrophy characteristic of the condition.

A high degree of hydrocephalus of the obstructive type was seen in another autopsy. The cause of the obstruction was found in the obliteration of the foramen of Magendie. There was also agenesis of the corpus callosum and fornix. This condition was probably a congenital malformation.

We have done repeated blood sedimentation tests on patients receiving fever treatments. The results seem to indicate that the blood sedimentation was not influenced by the fever treatment. Some patients showed persistently very rapid sedimentation, while others had either normal or even unusually prolonged sedimentation time

The following is the statistical data of the work done in the laboratory during the year. There has been an increase of work over the previous year. This was due in part to the typhoid epidemic that we experienced at the hospital the summer of 1937.

Type of Examination	
Autopsies	31
Autopsies, Guinea Pig	2
Agglutination test for Typhoid Fever	500
Agglutination test for Undulant Fever	1
Biopsies	2
Bacteriological Examinations	
Cultures	15
Smears	545
Blood Examintions	
Bromides	18
Cultures	69
Sub-cultures	82
Carbon Dioxide of Blood Plasma	2
Chemistries	
Non-Protein Nitrogen	24
Sugar	110
Sugar Tolerance	2
Urea	22
Urea Nitrogen	22
Creatinin	6
Chlorides	6
Calcium	1
Uric Acid	2
Counts	384
Bleeding Time	7
Coagulation Time	7
Fragility of Red Blood Cells	1
Kahn Test	276
Laughlen Test	13
Sedimentation Time	112
Smears, Differential	334
Typing	6
Van Den Bergh	4
Icterus Index	5
Volume Index	1
Wassermann Test	276
Widal Test	31
Cerebrospinal Fluid	
Routine	43
Mastic Curves	43
Wassermann Test	40
Kahn Test	40
Feces	6
Cultures	600
Sub-cultures	500
Examination for Amoeba	3
Examination for Pinworm	3
Bile Test	1
Gastric Content	3
Vomitus	3
Gall Bladder Drainage	1
Milk Count	86
Brain Dissections	45

Pleural Fluid	
Rivalta Test	3
Specific Gravity	1
Cell Count	1
Sections	
Paraffin	462
Sputum	42
Pneumococcus Typing	3
Specimens Preserved	25
Urine	
Routine Examinations	2,975
Cultures	329
Indol Test	21
Diazos	1
Sugar Quantitative	325
Mosenthal	1
Phenolsulphonphthalein Test	2
Friedman Test	2
Water Counts	52
Ward Work	
Dick Tests	158
Schick Tests	109
Toxoid Injections	39
Toxin Anti-Toxin Injections	3
Small Pox Vaccinations	173
Typhoid Vaccine Immunizations	5,241
Lumbar Punctures	43
Venous Punctures	743
Grand Totals	15,092

EDUCATIONAL AND PUBLICITY ACTIVITIES

Education activities have been carried on as in previous years which included seventeen lectures to the Hahnemann Medical College Senior Students. The class comes to Allentown for one week for clinical work and bedside observation and to become familiar with the various therapeutic measures. Dr. Hoffman, Assistant Superintendent, gave the customary course to the pre-medical students of Lehigh University and Lafayette College. Five additional orientation talks were given to psychology classes of Lehigh University, two to Cedar Crest College, one to Moravian College and two to students of the Moravian Seminary.

TALKS BY HENRY I. KLOPP, M.D., Superintendent

DATE	TITLE	ORGANIZATION
Nov. 15, 1937	"Emotional Factors in Family Relationships"	Bethlehem Woman's Club
Feb. 25, 1938	"Emotional Factors in Family Relationships and Their Effects upon Children"	Contemporary Club
Mar. 14, 1938	"The Pastor Interpreting the Emotional Factors in Family Relationships"	Lutheran Pastoral Association, Allentown

May 10, 1938	"Emotional Hygiene in the Home"	Woman's Auxiliary of Lehigh Co. Medical Society, Allentown
May 17, 1938	"The Nurse and Emotional Hygiene in the Home"	Alumni Association of Allentown State Hospital
TALKS BY HARRY F. HOFFMAN, M.D., Assistant Superintendent		
Oct. 5, 1937	"Medical Practice in Alaska"	Northampton Rotary Club
Nov. 23, 1937	"Functional Psychoses"	Quakertown Community Hospital
Mar. 3, 1938	"Psychopathology"	Lehigh Valley Homeopathic Medical Society
Apr. 14, 1938	"Mental Factors in Crime"	Bucks Co. Crime Laboratory, Doylestown, Pa.
Apr. 19, 1938	"Syphilis"	Lions' Club, Bethlehem
TALKS BY E. M. BLEW, M.D.		
June 13, 1937	"The Value of Homeopathy in Psychiatry"	American Institute of Homeopathy, Boston
Jan. 25, 1938	"The Clouded Window"	Home Hygiene Class, American Red Cross, Nazareth, Pa.
TALK BY A. LINDENFELD, M.D.		
May 5, 1938	"Syphilis"	Kiwanis Club, Quakertown
TALKS BY M. ROSSMAN, M.D.		
Jan., 1938	"Interpreting Childhood Emotional Difficulties"	Bethlehem Parent - Teacher Association
Jan., 1938	"Balancing the Nerves"	Ladies' Auxiliary, Jewish Community Center, Allentown
Feb., 1938	"The Expression of Childhood Emotional Difficulty"	Child Study Group, Family Relationships, of Y.W.C.A. Bethlehem
Mar., 1938	"Childhood Emotional Problems"	Child Study Group, Palmerton Hospital
Mar., 1938	"Pediatric Psychiatry"	Lehigh Valley Homeopathic Medical Society
Mar., 1938	"Delinquency"—illustrated with motion pictures	Hi-Y Boys' Club, First Presbyterian Club, Bethlehem
TALK BY HORACE H. HUNSICKER, M.D.		
Apr. 22, 1938	"The Symptomatology of Psychoses with Mental Deficiency"	American Association on Mental Deficiency, Richmond, Va.
TALKS BY MARJORIE R. LANDIS, Directress of Social Service Department		
	"Psychology of Adolescents"	Jewish Community Center, Allentown
	"Mental Hygiene for Adults"	Jewish Community Center, Allentown
	"Mental Hygiene of Childhood"	Home Hygiene Class, American Red Cross, Easton, Pa.
	"Psychology of Adolescents"	Parent-Teacher Ass'n., Easton, Pa.
TALK BY MARY C. ROLAND, Psychologist		
Apr. 27, 1938	"Functions of Child Guidance Clinic"	Woman's Cosmopolitan Club, Easton

The Medical Staff gave the following program at the joint meeting of the Tri-County Medical Societies, October 12, 1937. This was the occasion of the 25th Anniversary of the opening of the Hospital.

"Evolution of Mental Hygiene in Twenty-five Years," Earl D. Bond, M.D., Medical Director, Institute and Department for Mental and Nervous Diseases, Pennsylvania Hospital, Philadelphia, Pa.

"Progress in the Hospital Care of the Mentally Ill During Twenty-five Years," William C. Sandy, M.D., Director, Bureau of Mental Health, Department of Welfare, Harrisburg.

"Extra-institutional Clinical Activities in Twenty-five Years," J. Allen Jackson, M.D., Superintendent, Danville State Hospital, Danville, Pa.

Medical Library: The medical library and journal room are in good condition, the latter having been moved to more pleasant quarters. The number of medical books in the medical library at present is 1877, volumes of bound journals, 866, total 2643.

COMMUNITY SERVICE

The Lehigh Valley Child Guidance Clinic re-opened in September, 1937, after the usual interruption during July and August in new and less adequate quarters. A new director for the clinic was appointed by the board. Dr. Alice Parsons rather suddenly resigned in December, 1937, and the clinic was without a director until the appointment of Dr. Sonia Stirt in April, 1938.

Statistical survey is for the period from September, 1937, to June, 1938. The clinic began operating with 2 cases held over from June. Subsequently 18 cases were opened and 8 closed. In addition 2 cases, applications of previous years, were re-opened, voluntarily soliciting treatment. Seven of the cases were diagnostic or consultative and at the end of June there remained 13 active cases. This compares favorably with the case load of preceding years. 17 case conferences with worker and groups from cooperative agencies were conducted, all save one in direct relation to the treatment of specific cases.

The Director of The Social Service Department has also been giving her services for one day a week as psychiatric case worker in the Lehigh Valley Child Guidance Clinic. The following is the statistical report for the case worker in the said Clinic:

Cases carried forward from last year	1
New cases opened during year	18
Total cases opened during year	19
Cases closed during year	14
Cases carried forward	5
Conference regarding cases	15

The psychologist interviewed and tested twenty-three cases at the Lehigh Valley Child Guidance Clinic. The majority were continued for clinical treatment, although a few were referred for psychological examination only and for information about special schools or recommendation for foster home placement.

Clinics: Mental clinics have continued as in former years at the Sacred Heart Hospital, Allentown; St. Luke's Hospital, Bethlehem; Palmerton Neighborhood House, Palmer-ton; Allentown General Hospital, Allentown, and at the Easton Hospital, Easton. There has been more extensive participation by various members of the medical staff, all of whom now have some clinic assignment. A summary of the cases attending these clinics is as follows:

Number of clinics held during year	60
Number of patients attending clinics:	
Furlough patients	51
Discharge patients	13
New cases	140
Return out-patients	227

ANALYSIS OF CLINIC VISITS

	Adults		Children	
	1st visit	2d visit	1st visit	2d visit
Furlough patients	48	195	3	26
Out-patients	83	143	57	84
Discharge patients	13	11	0	0

SOURCE OF REFERRAL OF NEW CLINIC CASES

Social agencies	27
Physicians	50
Clinics and Hospitals	22
Schools	22
Own Initiative	11

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SOCIAL SERVICE DEPARTMENT

The following is the statistical data covering the social service department for the fiscal year:

REPORT OF CASE LOAD

Case load carried over from previous year	196
New cases added during year	856
Cases closed during year	754
Cases carried forward to next year	298

ANALYSIS OF CASE LOAD

Histories obtained	160
Prefurloughs	113
Community adjustment of furlough patients	152
Predischarge visits	222
Miscellaneous services for patients	202

During the past year this department has been operating as effectively as might be expected considering the volume of work and the limited staff of the director and two case workers.

The increase in the case load from the previous year indicates the greater use made of this department by the medical staff. There has been correlation and cooperation with the medical staff and the social service department in working together on cases either while the patient is in the hospital, before he leaves or after he is at home. In the case of social histories, history taking is not only used as a fact-finding mechanism but also as the means of understanding the individual and the personal relationships in his environment. It is from this type of work that later plans for the patient's return to his home and community can best be worked out. In almost all cases the individual worker confers with the psychiatrist in charge of the patient in making plans for the patient's return home and subsequent plans after he is at home.

This department has been responsible for a course in social work to the student and affiliate nurses. Various social agencies in the community have been kind enough to send a representative of their agency to give first hand information to the students regarding the different phases of social work in various agencies. This cooperative attitude on the part of the community agencies is also evident in the number of cases which are being carried on a cooperative basis by the Social Service Department of this hospital and community agencies. In these instances the worker from the agency and the worker from this department confer at regular intervals regarding each patient so that there will be no over-lapping of service and in order to avoid any discrepancies in the understanding of the whole family situation.

SCHOOL OF NURSING

STUDENTS

Number of students in school June 1, 1937	12
Number of students admitted	0
Number of students completed training	7
Number of students in the school May 31, 1938	5

AFFILIATE STUDENTS

Number of students in school March 28, 1937	28
Number of students admitted	136
Number of students completing affiliation	98
Number of students discontinuing	3
Number of students in school March 27, 1938	35

At the present time six schools are affiliating with us from the following hospitals: Allentown Hospital, Allentown; St. Luke's Hospital, Bethlehem; Pottstown Hospital, Pottstown; West Penn Hospital, Pittsburgh; Mt. Sinai Hospital, Philadelphia, and Brownsville Hospital, Brownsville, Pa.

One of the problems which we have recognized and given considerable thought to is the question of paying affiliates stipends. We all agree the sound plan educationally is to have the program on such a level that students would not be paid. However, considering our nursing quota for nursing service, we must still depend on affiliate student nurse services for night duty.

For some time we have wanted some organized recreational activity for the students. This year, we have had enthusiastic cooperation from the Recreational Director. Our plan is to have a committee composed of a representative from each affiliate group, the recreational director, representation from the nursing faculty and from the occupational therapy department meet each week and plan a program for the following week.

During the October, 1937, affiliate program we had twenty-two students from the Sacred Heart Hospital affiliate with us for theory only—Neuropsychiatry—16 hours; Psychiatric Nursing and Case study—16 hours.

During the past year two more 30-hour courses for men attendants were given: October 4, 1937 to January 24, 1938—12 men; April 18, 1938—incumbent—6 men and 4 women.

On Wednesday, May 18th the twenty-third annual commencement of the school of nursing was held. The following received diplomas :

Elsie Mae Brown, Pavia, Pa.
Mary Catherine Connard, Northumberland, Pa.
Celestine Gantos, Mt. Pleasant, Pa.
Florence Claire Gearhart, Nescopeck, Pa.
Margaret Christine Krainak, Danville, Pa.

The commencement address was given by Dr. Charles H. Rominger, Head of the Department of English, Moravian College, Bethlehem and Head of the Department of Social Sciences, Cedar Crest College, Allentown.

Hairdressing and Manicuring Department: This department which was opened in November, 1937, gives the patients the necessary encouragement needed in order that they may make an effort to be carefully groomed. Patients who are ill have a tendency to withdraw from people about them. They lose interest in their personal appearance. By grooming them they will regain a happier outlook. The patients are glad to cooperate with the beautician in charge of the department; this is especially true of those who have been in the institution a number of years.

The work done on patients in this department was as follows :

1525 shampoos
1506 finger waves and Marcells
92 manicures
219 haircuts

ADMINISTRATIVE AND DIETARY ACTIVITIES

The dietary department provided greater variety, as well as more food per capita, at less cost than was possible during the previous year. The dietary operations cost report reveals the average weight of raw food consumed per person per day as 71.61 ounces compared with 69 ounces per capita last year and against a basic food ration of 74.61 ounces per day. The net per capita cost of raw food being \$.2080 per day against \$.2105 last year. It is interesting to note that the per capita food cost for 1937-38 is practically the same as for 1936-37; purchased food costs increasing \$.0020 per capita while the value of the produced items decreased \$.0045 per capita.

The dietary operations cost report for the year indicates the following:

	Total Weight, Pounds Purchased	Produced	Average ounces per person per day	Daily Basic Ration allowance ounces
Total	1,436,698	1,730,737	71.61	74.61

The commodities summarized according to the five accounting groups present the following totals for the year:

	Purchased	Produced	Total
General Provisions	\$26,519.73	\$1,378.43	\$27,898.16
Vegetables	3,915.23	16,484.34	20,399.57
Fruits	9,393.51	3,165.99	12,559.50
Dairy Products	25,454.54	19,055.59	44,510.13
Meats, fish and fowl	24,347.42	17,525.90	41,873.32
Total	\$39,630.43	\$57,610.25	\$147,240.68

The average raw food cost per person per day was as follows:

1935-36	\$.1215	\$.0762	\$.1977
1936-371246	.0859	.2105
1937-381266	.0814	.2080

The *special diet* load continues to increase, the daily average being 237 therapeutic diets.

Cannery: The importance of the cannery in providing additional variety of canned fruits and vegetables for patients, especially throughout the year, cannot be overestimated since the volume of canned goods produced by this facility could not be provided upon a purchased basis due to budget limitations. The following products were processed in No. 10 cans:

4379	cans green string beans
1293	" wax beans
6525	" tomatoes
348	" baby beets
4080	" peaches
Total	16,625 No. 10 cans

Laundry: The service rendered by the laundry has been maintained at a high degree of efficiency. The volume of soiled goods laundered was the highest in the institution's history; a grand total of 2,195,359 pounds for the fiscal year. A comparative study of the volume of laundry work and washing cost per pound for the past three years reveals the following:

	Pounds	Washing Cost
1937-38	2,195,359	\$.00137 per pound
1936-38	1,951,743	.00113 " "
1935-36	1,812,556	.00121 " "

From the above figures it will be noted that the laundry load for the fiscal year 1937-38 increased 243,616 pounds over the 1936-37 and that the increase over the 1935-36 period amounted to 382,803 pounds.

A recent study of the effectiveness of the washing procedure in so far as sterilization is concerned, was made by Mr. Krawiec, Textile Chemistry Laboratory, Pennsylvania State College. This institution was selected as a representative mental hospital and samples of the water from the wash wheel were taken from two separate lots of soiled work. The results of the investigation showed that practically every step in the washing procedure is effective as a sterilizing agent. It is particularly significant that soap is a powerful sterilizer. Good washing not only removes soil from fabrics but it also sterilizes them.

Purchasing Procedure: The Bureau of Purchases, Department of Property and Supplies, is including more groups of items under the group purchase plan, with little or no warning, thereby tending to throw our commitment budget out of line. More and more items are being ordered from the Prison Labor Division, Department of Welfare, without competition. The articles are awarded to them at prices usually much higher than paid commercial vendors for goods of similar quality.

AGRICULTURAL ACTIVITIES

The following is the report of the farm activities for the year :

Dairy: The development in the dairy herd has been limited to increasing efficiency within the herd rather than by increasing the number of animals. This increased efficiency has been sought through rigid culling of low producers and irregular breeders; raising heifers for herd replacements only out of high producing cows mated with bulls of high producing ancestry; maintaining a high health standard in the herd especially as regards tuberculosis, Bang disease and mastitis. During the year we have had no positive reactions to the tuberculin test and we believe we are practically free from mastitis. The herd inventory at present shows 54 cows, 57 heifers, 6 calves and 7 bulls. Condensed production summary for the year 1937 is as follows: 668,358 pounds milk, 12,092 pounds beef, 2,606 pounds veal, all of which was delivered to the kitchen. The average number of cows in the herd was 53.45.

Average production per cow was 12,413 pounds milk and 400 pounds fat. The feed cost per 100 pounds of milk was \$1.15.

Poultry: During the spring of 1937, 1500 chicks were purchased. The mortality in these chicks was very low so that about 730 pullets went into the laying house and approximately the same number of cockerels were delivered to the kitchen for consumption. We have been quite successful in brooding this number of chicks for several years at the farm colonies at Weaversville where they range on clean land until ready to go into the laying house. By close attention to sanitation and feeding, coccidiosis and other diseases were reduced to a minimum. During the year we delivered to the hospital for consumption, 3,491 pounds chicken and 10, 620 dozen eggs.

Piggery: Only 9 sows were bred for spring farrowing. These farrowed 62 pigs of which 58 were raised. Out of 9 fall litters, totaling 82 pigs, 54 were raised. During the year, 198 carcasses totaling 4234 lbs. were delivered to the kitchen.

Truck garden: While no decided increase in vegetable production has been effected, real progress has been made in crop planning to overcome undue surpluses at certain times followed by the inevitable shortage at other times.

Farm: Our field crops in general were quite satisfactory. We made 250 tons of alfalfa and 175 tons of corn silage during the year. 77 purchased feeder steers were fattened entirely on home grown feed and slaughtered for hospital use. These gave a total carcass weight of 45,714 lbs. Corn averaged 152 bushels (35 lb. bushels) per acre, barley 56 bushels, oats 41 bushels and potatoes 435 bushels.

CONSTRUCTION PROGRAM

In our building program under the General State Authority for which there was allocated a gross amount of \$1,387,-925, the bids covering farm colony buildings which included

a dormitory for 85 men patients, dairy barn and piggery, was opened on January 28th and awarded as follows:

General construction, H. E. Stoudt & Son, Allentown	\$175,000
Heating, Reber Korn Co., Allentown.....	15,590
Plumbing, Keystone State Piping Contractors.....	49,000
Electrical, Umberger, Lebanon.....	14,485
Total	<u>\$254,075</u>

On February 4th, bids were opened for the following projects at the main institution:

- Building for 85 disturbed women patients
- Children's building for 72 girls
- Convalescent building for 68 patients: 34 men, 34 women
- Women attendants' building—capacity 50 rooms
- Nurses and patients dining room
- Service tunnels to above
- Three 500 H.P. stoker fire boilers, new chimney, bunker conveyor and necessary appliances

The following were low bidders for the construction of the five buildings:

General Construction, M. A. Long & Co., Allentown.....	\$448,000
Heating, Corbits, Reading.....	35,870
Plumbing, Central Plumbing & Heating Co., Allentown.....	63,264
Electrical, Howard P. Foley, Inc., Philadelphia.....	31,600
Service lines and tunnels, M. A. Long & Co., Allentown.....	72,000
Boiler plant equipment, Coxie Stoker Engineering Co., Hazle- ton	184,698
Total	<u>\$835,432</u>

The excavation of the five buildings was started practically simultaneously in March, 1938, and the construction of the boiler plant equipment in May. The progress of the buildings has been satisfactory other than a hold-up of five weeks due to a strike of the steel construction union. The deadline for the completion of the projects is March 28, 1939.

Bids for ten fire exit stairways at the main hospital, for which an appropriation was made by the 1936 special session of Legislature, were opened August 18, 1937. The Department of Property and Supplies, Harrisburg, awarded the contract to the low bidder, Howard E. Stoudt & Son, Allentown,

in the amount of \$54,400. Excavation was started on September 27th and the ten exit stairways are now practically completed.

PER CAPITA COST

Purchased maintenance upon an actual cost basis for the year ended May 31, 1938, was \$6.37 per capita. The purchased extraordinary expenses, equipment for the farm, sewing room, laboratory and X-ray department for the same period was \$.14. The produced expenses from sewing room, upholsterer and farm for the year were \$1.22 per capita, making a total weekly cost for the year of \$7.73 per capita or a total maintenance expenditure of \$543,877.93.

WORKS PROGRESS ADMINISTRATION ACTIVITIES

The W.P.A. sewing project on which an average of 38 women were employed produced a total of 10,800 pieces delivered to the hospital storeroom covering women's dresses, children's sun suits, night gowns, night shirts, men's top shirts, muslin chemises, turkish towels, wash cloths, sheets and aprons. This project in addition to providing employment for 38 women, has enabled the institution to provide the patients with adequate dresses, gowns and men's work and dress shirts as well as towels and other accessories. The Works Progress Administration officials in the Bethlehem office have been most cooperative and considerate at all times. This same spirit was manifested by the project heads and employes.

I wish to express commendation for the efficient services of the medical staff, heads of departments and their co-workers whose cooperation has made possible the presentation of the activities of the institution as contained in this report.

Gratitude is also expressed to the Department of Welfare, the Bureau of Mental Health and the Board of Trustees for the helpful attitude manifested by them.

Respectfully submitted,

HENRY I. KLOPP, M D., F.A.C.P., D. Sc.

Superintendent and Physician-in-Chief

RC Allentown State

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